

Keto Slow Cooker Short Ribs Recipe



Nutritional Info:

- Kcals per serving: 540
- Fat: 52 g
- Protein: 16g
- Carbs: 0 g
- Net Carbs: 0 g

Ingredients

- 1 lb short ribs
- 8 tbsp butter
- salt + pepper to taste

Recommended Kitchen Tools

- chef knife
- kitchen scissors
- slow cooker

Instructions

1. Cut Short ribs with kitchen scissors leaving one bone per piece.
2. Place all ingredients into slow cooker
3. Cook on low for around 5-6 hours or until very tender (length will vary depending on slow cooker).
4. Separate onto 4 plates, or place in meal prep containers to eat later.